

La psychothérapie : ses méthodes et techniques

La psychothérapie a pour objet de traiter le mal-être que chacun peut rencontrer un jour dans sa vie. Selon les personnes et les circonstances, ce mal-être se manifeste dans le domaine psychologique, existentiel, affectif, sexuel, relationnel ou social.

Le travail du psychothérapeute consiste à proposer à la personne, en fonction de sa situation spécifique et de son désir de changement, des moyens qui vont lui permettre d'évoluer vers un état souhaité de mieux-être.

Si le bon déroulement de la psychothérapie dépend en grande partie, de la dynamique relationnelle qui se crée entre la personne qui consulte et le psychothérapeute, il repose également sur l'utilisation d'une ou plusieurs méthodes de psychothérapie reconnues.

On estime actuellement à près de 400 le nombre des méthodes de psychothérapie existant en Europe et aux États-Unis. Cette diversité qui témoigne de l'inventivité créatrice et du dynamisme de la psychothérapie, reflète également un éclectisme qui place l'utilisateur devant une question complexe : quelle méthode de psychothérapie choisir ?

I. Les méthodes

Pour apporter des éléments de réponse à cette question la FF2P¹ propose dans cette nouvelle édition de son annuaire une classification simple des principales méthodes de psychothérapie en fonction de 5 grands courants de la psychothérapie actuelle :

- Humaniste - Existentiel
- Analytique
- Cognitivo-comportemental
- Systémique
- Multiréférentiel

1) Le courant Humaniste – Existentiel

Le mouvement humaniste est né aux USA dans le milieu des années 50, sous l'impulsion notamment d'Abraham Maslow, Rollo May, Carl Rogers, Fritz Perls, Wilhem Reich et plusieurs autres — la plupart fortement influencés par les existentialistes allemands et français : Heidegger, Buber, Binswanger, Sartre, Merleau-Ponty, Gabriel Marcel, etc.

Quelques années plus tard, le philosophe américain Marcuse apparaîtra comme l'une des figures marquantes de la vague mondiale de libération humaniste de mai 68. Il dénonçait la "sur-répression" culturelle qui vise à transformer l'homme en "machine" fiable de production sociale, en écrasant la vie émotionnelle et corporelle, la spontanéité et la créativité individuelles.

¹ Fédération Française de Psychothérapie et Psychanalyse

Le Malecirtre Psychismes

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